

Weston AC - 5K Training Handicap Race October 2012

Name	Finish Position Oct 2012	Actual Time	No of races last 12	Ave Time last 12	last 12 PB	Nov 12 base for handicap	November start
Mike Oshea			1	29.58	29.58	29.58	TBA
Chris Edwards			2	30.04	29.38	29.38	TBA
Shaleen Summers			2	29.16	28.55	28.55	TBA
George Skeen	26	31.31	3	30.03	28.40	28.40	TBA
Gary Isles	20	27.22	2	27.29	27.22	27.22	0.00
Sarah Vincent	21	27.25	2	27.20	27.15	27.15	0.00
Nick Lynn			1	26.52	26.52	26.52	0.00
Louisa Loveridge			1	25.59	25.59	25.59	0.00
Katie David	25	28.25	5	27.37	25.51	25.51	0.00
Julia Withers			1	25.47	25.47	25.47	0.00
Sarah Quelch			8	25.37	24.59	25.37	0.14
Nicky Scott			1	25.32	25.32	25.32	0.22
Danny Mcmillan	13	25.50	3	25.42	25.29	25.29	0.22
Derrick Laver			1	25.12	26.12	25.12	0.39
Lesley Cowell	16	24.51	1	24.51	24.51	24.51	1.00
Hannah Moore			1	24.46	24.46	24.46	1.05
Colin Lintern			1	24.24	24.24	24.24	1.27
Ian Hughes			1	23.43	23.43	23.43	2.08
Gemma White			2	24.40	23.42	23.42	2.08
Geraldine Hope			10	23.40	22.55	23.40	2.11
Alessio Mapolitano			1	23.32	23.32	23.32	2.23
Gareth Weaver	8	23.21	10	23.28	22.29	23.28	2.23
Mark Gray			1	23.21	23.21	23.21	2.30
Bill Green			1	23.21	23.21	23.21	2.30
Paul Oaten			8	23.19	22.38	23.19	2.30
Steve Hale	6	23.16	2	23.22	23.16	23.16	2.35
Annette Giles	23	24.43	3	23.48	23.00	23.00	2.51
Mike Potter			1	22.55	22.55	22.55	2.56
Pete Jones			2	23.10	22.52	22.52	3.00
Nick Cook	24	24.43	5	24.00	22.51	22.51	3.00
Mark Burland			2	23.19	22.47	22.47	3.05
Ray Broadhurst			3	23.00	22.46	22.46	3.05
Barry Walker			4	23.03	22.34	22.34	3.18
Gareth Hiscock			6	22.33	21.35	22.33	3.18
Ruth White			3	22.47	22.30	22.30	3.18
Mike Clark			3	22.49	22.29	22.29	3.18
Rowena Ham			1	22.13	22.13	22.13	3.38
Kim Huxtable			4	22.38	22.12	22.12	3.38
Sarah Currall	1	22.25	2	22.16	22.06	22.06	3.45
Chris Datchler			1	22.06	22.06	22.06	3.45
Mark Hill			6	22.00	21.10	22.00	3.50
Michael Reep	9	22.00	11	21.59	21.33	21.59	3.50
Gareth Hawkes			1	21.57	21.57	21.57	3.50
Russell Millier			1	21.54	21.54	21.54	3.57
Dave Garrett	7	21.50	2	21.56	21.50	21.50	4.00
Phil Mellor			1	21.48	21.48	21.48	4.00
Lisa Tucker			2	21.46	21.37	21.37	4.20
Jim Hayward			2	21.56	21.36	21.36	4.20
Barry Hall			1	21.33	21.33	21.33	4.20
Bruce Bourne			6	21.30	21.16	21.30	4.20
Rob Skeen			3	21.32	21.27	21.27	4.20
Toby Andrews			1	21.24	21.24	21.24	4.30
Simon Walsh			1	21.03	21.03	21.03	4.50
Andy Hayes			5	22.03	20.57	20.57	4.55
Jim White			5	21.42	20.55	20.55	4.55
John Hinchcliffe	2	20.06	10	20.48	19.54	20.48	5.03
Martin Johnson			1	20.48	20.48	20.48	5.03
Rich Ford			5	21.11	20.41	20.41	5.10
Andrew Kelsey			4	22.12	20.37	20.37	5.15

James Wotton			1	20.35	20.35	20.35	5.15
Tom Webb			3	21.16	20.34	20.34	5.15
Mark Bostock			4	21.14	20.31	20.31	5.15
Wayne Summers			1	20.54	20.30	20.30	5.15
Chris Gough			2	20.56	20.29	20.29	5.15
Steve Baxter	22	22.00	4	21.21	20.21	20.21	5.30
Phil Tomlinson	19	21.01	7	20.18	19.35	20.18	5.30
Paul Wildon			1	20.07	20.07	20.07	5.44
david Jenkins			2	22.15	20.04	20.04	5.50
Martin Hurcombe	17	20.37	6	20.04	19.45	20.04	5.50
Tony Hogg			5	20.39	20.02	20.02	5.50
Dave Baxter			5	20.29	20.02	20.02	5.50
Martin Henderson			1	19.56	19.56	19.56	5.50
Simon Lund			6	20.46	19.47	19.47	6.04
Tobias Hinchcliffe	5	19.34	7	19.41	18.46	19.41	6.10
Marc Malloy			1	19.37	19.37	19.37	6.14
Josh Harris			1	19.40	19.37	19.37	6.14
Bryan Morley			4	20.06	19.35	19.35	6.14
Keiron Summers	12	19.50	5	20.01	19.33	19.33	6.14
Neale Jarrett			7	19.30	19.08	19.30	6.21
Garrard Bailey			4	19.47	19.30	19.30	6.21
David Mcmillan	4	19.23	3	20.00	19.23	19.23	6.28
Liz Wiggins			3	19.49	19.23	19.23	6.28
Jamie Tottle	3	18.52	6	19.15	18.47	19.15	6.36
Rich Bartlett	18	19.55	2	19.32	19.08	19.08	6.43
Neil Ayliffe			3	19.42	18.53	18.53	6.58
Mike Walsh			3	19.06	18.47	18.47	7.04
Chris Pinchbeck			1	18.46	18.46	18.46	7.04
Guy Bradford	15	18.56	4	18.56	18.31	18.31	7.21
Pete Clark	10	18.28	1	18.28	18.28	18.28	7.23
Ross Needs			3	18.34	18.19	18.19	7.34
Adrian Noble			2	19.00	18.17	18.17	7.34
Sam Morteo			6	18.05	17.28	17.28	8.23
Chris Mcmillan	14	17.21	1	17.21	17.21	17.21	8.30
Dominic Taylor Jones			4	17.58	17.13	17.13	8.38